



A Top-12 Finish Hoosiers Can Do Without

Officials Urge Hoosiers, More than Half of Whom are Overweight, to Lighten Up

Indiana is always eager to "trim the fat out of its budget." It turns out that a lot of us could start just by trimming ourselves.

Indiana is the 12th most overweight state in the nation, down from third in 1991, but only because other states gained – literally. Although our ranking is improving, more Hoosiers are obese today than a decade ago. A Centers for Disease Control and Prevention (CDC) survey indicates 21 percent of Hoosiers are obese, compared with 15 percent in 1991. More than 50 percent are overweight.

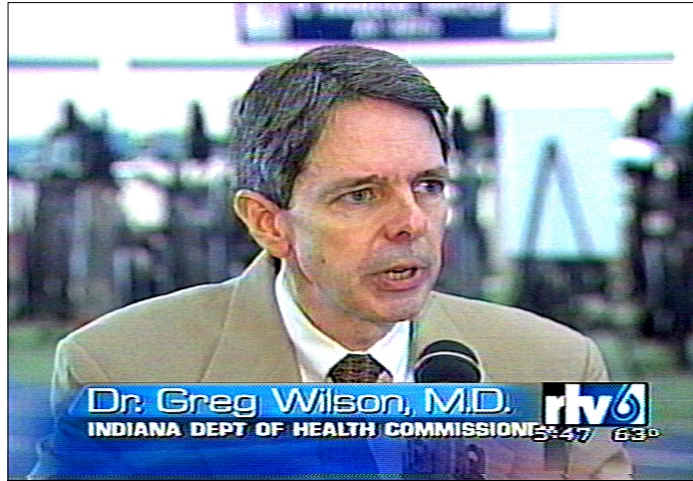
"Indiana is in the highest third of the country for many chronic diseases, and obesity is a major cause of these severe health problems," said State Health Commissioner Greg Wilson, M.D.

"Breaking bad habits is very difficult," said Dr. Wilson. "It is essential that parents get their children started with good eating habits and regular physical activity right from the start. Parents can be the first and best role models for developing a healthy lifestyle."

Hoosier children are susceptible to obesity, too. But just like their adult counterparts, many of them can avoid obesity's health effects.

"Childhood obesity is preventable," said Dr. Sanjay Parikh, medical director of the Children's Heart Center at St. Vincent Hospital. "The number of overweight American kids has doubled from seven to 13 percent in the last 20 years, and adolescents' incidence has jumped from five percent to 13 percent."

Healthy eating habits and increasing daily physical activity can also play an important role in weight loss.



STATE HEALTH COMMISSIONER GREG WILSON, M.D., appearing on WRTV, Channel 6, on June 6, discusses the increase in obesity in the state and nation and urges Hoosier adults and parents to make healthy lifestyle nutrition and physical activity choices for themselves and their children.

Video clip edited by Dennis Rediker

"The Surgeon General's report on physical activity, which was released in 1996, for the first time suggested to us that although it is recommended

that we get at least 30 minutes of moderate physical activity every day, we don't have to get those 30 minutes all at one time," said Casey McIntire, director of the Governor's Council for Physical Fitness and Sports.

Sometimes lost in the discussion of



CASEY MCINTIRE, Governor's Council for Physical Fitness and Sports, discussed ways to make exercise less onerous at June 6 media briefing at the National Institute for Sports.

Photo by Daniel Axler

health effects is the financial impact of obesity.

"Indiana's Medicaid program spent 10 percent of its budget on obesity-related care for Hoosiers 18 years of age and older in 1998," said John Hamilton, secretary of Indiana Family

and Social Services Administration. "Ten percent now would be about \$400 million – but it's probably even more than that," Hamilton said.

Obesity costs Hoosiers about \$200 million a year in medical care. (This figure will approach \$400 million in 2002.) Even worse, the CDC lists obesity as causing more preventable

deaths than any health risk, except smoking. A 1998 Indiana Medicaid study of nine serious obesity-linked health problems indicated that these problems trouble 77 percent of adult Medicaid recipients.

Dr. Wilson, Dr. Parikh, Hamilton, and McIntire made their remarks at the Indianapolis-based National Institute for Fitness and Sport (NIFS) on June 6. NIFS provides wellness solutions for communities, businesses, and sporting organizations through research, education, and service.

Plan a Safe 4th of July

Prevent Blindness America warns that there is no safe way for nonprofessionals to use fireworks. It is only safe to enjoy the splendor and excitement of fireworks at a professional display.

According to the U.S. Consumer Product Safety Commission, fireworks accounted for approximately 5,100 injuries treated in U.S. hospital emergency rooms from June 23 to July 23, 1996. One quarter were eye-related.

National Men's Health Week is June 10-16

If it's National Men's Health Week, it must almost be time to celebrate Father's Day. Both are family affairs observed in June. Father's Day, June 16, is a special day set aside to show appreciation for dad. National Men's Health Week, which immediately precedes Father's Day, provides an opportunity to encourage dad and the other males in the family to take care of their health—if they're not already doing so.

The goal of National Men's Health Week is to raise awareness, to encourage the use of health measures that prevent illness, and to accentuate the value of early detection and treatment of health problems affecting men and their families.

According to William Farrell, who is the only man reported to have been elected three times to the Board of Directors of the National Organization of Women (NOW), men suffer from a social problem — blindness to their health and welfare. Men, at their peril, tend to neglect regular annual check-ups and ignore health advisories about smoking, high-blood pressure, high cholesterol, and eating too much, especially junk food instead of the

nutritious kind.

The results, Farrell says, show up statistically as a heart attack death rate for males under age 65 that is three times higher than for women, a colo-rectal cancer rate 50 percent higher, and a men's prostate cancer rate higher than women's breast cancer rate every year since 1991. He said, "We educate women to examine their breasts, but few parents even know how to teach their 15-year-old son to examine his testicles." And then there's the disparate suicide rates, starting for males about the same as females between ages 5-9, but rising—as males assume the male social role—to 600 percent higher in the 20-24 age bracket, and 1,350 percent higher at age 85.

Acknowledging the problem of neglect for men's health is a start, but doing something about it is the next step, according to Farrell.

Farrell does not blame women. He said, "Women are still calling the doctor for men. Men are bottom-line creatures and, bottom line, men need to take responsibility."

Farrell is founder of the Men's Health Network.

S o — W h a t C a n M e n D o ?

The Centers for Disease Control and Prevention (CDC) recommends the following health and wellness guidelines to help men stay healthy:

✓ Eat a Nutritious Diet

Eat breakfast; drink 100% fruit juice; buy fruit so that it's available and visible at home and at work; use butter or margarine only sparingly; use "lite" dairy products; reduce salad dressing fat by tossing salad with one tablespoon; use lean meat, like loin or round cuts; replace crunchy baked snacks with little bags of celery and carrot sticks, cucumber or zucchini wedges, and cherry tomatoes.

✓ Maintain a Healthy Body Weight

Obesity is at an all-time high in Indiana and the United States. It increases a person's risk for many chronic diseases. Learn the facts about obesity and why it is important to maintain a healthy body weight.

✓ Get Regular Exercise

It doesn't take a lot of time or money,

but it does take commitment. Health is not merely the absence of disease; it's a lifestyle. Start slowly, work up to a satisfactory level, and don't overdo it. You can develop one routine, or you can do something different every day. The goal of exercise is to be healthy, fit, and in shape! Find fun, interesting, and satisfying ways to stay in shape, to feel good, and to be healthy.

✓ Be Smoke Free

You know that smoking causes cancer. You know that smoking is addictive. Take a look at some of the things you may not know about quitting at the CDC Web site, <http://www.cdc.gov>.

✓ Get Regular Check-ups and Screenings

To be safe and healthy means you must actively participate in the prevention of disease and, at the very least, get appropriate screenings, early diagnosis, and treatment. Regular exams and screenings can help save lives.



Proclamation



WHEREAS, according to the Men's Health Network, despite the advances in medical technology and research, the average man's life expectancy is seven years shorter than the average woman's; and

WHEREAS, preventive health measures such as disease awareness are essential to the early detection and treatment of health problems affecting men; and

WHEREAS, lifestyle practices such as tobacco cessation, regular physical activity and proper nutrition are important parts of a healthy lifestyle, and guidance in following such practices can be provided by health professionals; and

WHEREAS, several diseases and medical problems specific to men, including testicular and prostate cancer, can be avoided through preventive measures; and

WHEREAS, the Men's Health Network reports that men who are educated about the value of preventive health will be more likely to participate in health screening; and

WHEREAS, it is hoped that educating Indiana's public and health care providers about the importance of the early detection of male health problems will help reduce rates of mortality from these diseases;

NOW, THEREFORE, I, FRANK O'BANNON, Governor of the State of Indiana, do hereby proclaim June 10-16, 2002, as

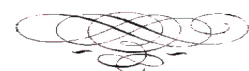
MEN'S HEALTH WEEK

in the State of Indiana, and invite all citizens to take due note of the observance.

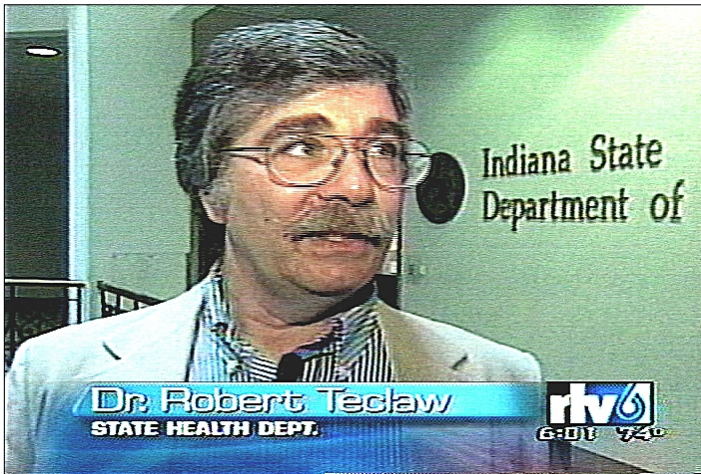
IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Indiana at the Capitol in Indianapolis on this 28th day of May, 2002.

BY THE GOVERNOR:

Frank O'Bannon
Governor of Indiana



Public Health In The News



STATE EPIDEMIOLOGIST Bob Teclaw, D.V.M., M.P.H., Ph.D., on May 29, discusses ISDH's involvement in collecting and lab testing samples of bird droppings for the presence of histoplasmosis. The samples were taken from Statehouse window ledges. (WRTV, Channel 6)



STATE HEALTH COMMISSIONER GREG WILSON, M.D., announces Bio-terrorism preparedness funding distribution to Indiana localities, May 28. He is joined by Indianapolis Mayor Bart Peterson (left), and U.S. Senator Evan Bayh. (WISH-TV, Channel 8)



TASHA SMITH-BONDS, Office of Minority Health, discusses the ISDH baby shower initiative from the Indiana War Memorial, one of the sites where the showers were held on May 4. (WISH-TV, Channel 8)



MIKE SINSKO, senior entomologist, issues warning, on May 2, of increasing mosquito populations and higher risk of tick and mosquitoborne diseases. (WTHR-TV, Channel 13)



EPIDEMIOLOGIST JIM HOWELL, D.V.M., talks with a reporter on May 15 about the nature of biohazards associated with spring floodwaters in Indiana. (WRTV, Channel 6)



CHARLENE GRAVES, M.D., medical director for immunization, explains reasons for vaccine shortages by manufacturers, April 22. (WTHR-TV, Channel 13)

Video Clips Edited by Dennis Rediker

Crowds Expected at 2002 Black & Minority Health Fair

Martha Bonds, Office of Minority Health, who is coordinating the activities of the 2002 Black & Minority Health Fair, July 18-21, is optimistic about the numbers of attendees seeking health assistance at this year's event. Bonds says that she would not be surprised to see a new record set for the total number of exams and screenings that are provided free to Health Fair attendees. The Black & Minority Health Fair, which is coordinated by the Indiana State Department of Health (ISDH), has been a major drawing card as part of the Indiana Black Expo Summer Celebration since 1985.

Last year, the number of health screenings conducted during the Health Fair's four days reached 102,436, a new record and a 117 percent increase over the 2001 total.

Bonds says this year's fair is being supported by approximately 2,800 volunteers, comprising representation from corporate sponsors, exhibitors, members of the community, and ISDH staff.

She says a factor that may lead to increased attendance is this year's recession and a higher unemployment rate.

BLACK & MINORITY HEALTH FAIR AD, featuring the 2002 theme, "Health Free For All," and including description of free tests and screenings and sponsor recognition, will appear in the *Indianapolis Recorder*. The ad was designed by George Murff, ISDH Office of Public Affairs.

Families of those having lost jobs, now without medical insurance, are likely to swell the ranks of those interested in the free screenings, Bonds says. The \$8.00

Black Expo admission fee will be waived on Thursday evening, July 18, permitting attendees free access to Health Fair exhibits and screenings on that evening.

Financial support for the paid advertising, which appears on billboards, banners, and television commercials, comes entirely from voluntary contributions made by pharmaceutical manufacturers and contribution of air time for interviews and spot public service announcements from WISH-TV, channel 8.

The Health Fair will offer more than \$500 worth of free screenings and tests for blood pressure, breast self-examination, prostate, sickle-cell, cholesterol, blood-lead level, glucose (for diabetes), body mass index, and more.

IMMUNIZATION STAFF

RECOGNITION: Walter A. Orenstein, M.D., assistant surgeon general and director, National Immunization Program, Centers for Disease Control and Prevention (left), presents achievement awards to ISDH Immunization staff members (l. to r.) Steve Sellers, Michael Runau, and Terry Adams at the National Immunization Conference on April 29, 2002.

The first award was presented because Indiana was a 2001 national leader for a one-year statewide immunization rate percentage increase; only the State of Delaware had a higher percentage increase. The award plaque reads, "In recognition of your extraordinary achievement of increasing your immunization coverage by 6.3% for the basic immunization series among two-year-old children."

The second award, which likely contributed to the first one, is for the immunization program's assessment strategy in which the immunization rates of all public health clinics and nearly all private physicians and clinics were assessed. Feedback was provided to keep each site educated on its level of success in administering and completing needed immunization series for eligible young children and included suggested techniques for improving provider rates. The second plaque reads, "The National Immunization Program presents the Third Annual AFIX AWARD to The Indiana State Health Department Immunization Program—For your outstanding effort in promoting and implementing the Immunization Assessment Feedback Incentive and eXchange (AFIX) strategy in your state."



Indiana State Department of Health *Express*

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